



Group Swim Lesson Schedule

Fall - Winter 2018

Welcome to the South Jordan Fitness & Aquatic Center Swim Lessons!
Our certified American Red Cross instructors will work specifically to meet your individual needs. The classes we offer range from beginning swimmer to advanced. Wherever your skills lie, we have a class for you!

Our group lessons are 30 minutes long and sessions range from 4-8 lessons.

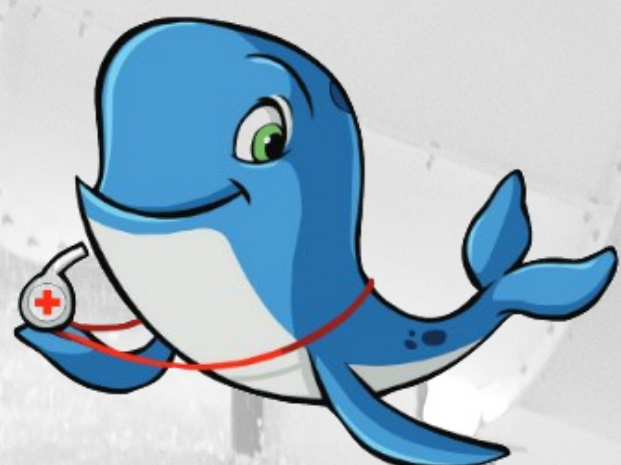
For a list of specific class times and to register online please visit : www.activityreg.com

<u>Class Dates</u>	<u>Times</u>	<u>Three/Four Weeks</u>				<u>Session Fees</u> (Resident/Non-Res.)	<u>Registration Opens</u>
Sep. 4 - 27	4-7pm	T/TH	T/TH	T/TH	T/TH	\$40/\$45	Aug. 28
Sep. 8 - 29	9am-12pm	Sat.	Sat.	Sat.	Sat.	\$20/\$25	Aug. 18
Oct. 2 - 25	4-7pm	T/TH	T/TH	T/TH	T/TH	\$40/\$45	Sep. 18
Oct. 6 - 27	9am-12pm	Sat.	Sat.	Sat.	Sat	\$20/\$25	Sep. 22
Nov. 6 - 29	4-7pm	T/TH	T/TH	T	T/TH	\$35/\$40	Oct. 23
Nov. 3 - 24	9am-12pm	Sat.	Sat.	Sat.	Sat.	\$20/\$25	Oct. 20
Dec. 4 - 20	4-7pm	T/TH	T/TH	T/TH		\$30/\$35	Nov. 20
Dec. 1 - 22	9am-12pm	Sat.	Sat.	Sat.	Sat.	\$20/\$25	Nov. 17



Levels Offered

Use these perquisites to determine which level is most appropriate for your child:	
Aqua-Tot (Ages 6 months-3)	Age and an adult supervisor are the only prerequisites.
Preschool Level 1 (Ages 3-5)	Age and the ability to follow directions are the only prerequisites. For toddlers who have never taken lessons before.
Preschool Level 2 (Ages 3-5)	Enter water independently. Submerge to mouth and blow bubbles for at least 3 seconds. Glide on front and back for at least 2 body lengths. Float on back for 5-10 seconds. Swim using combined arm and leg actions on front for 3 body lengths. Working towards swimming by self.
Level 1 (Ages 6+)	Age and the ability to follow directions are the only prerequisites. For students who have never taken lessons before.
Level 2	Enter independently. Travel at least 5 yards. Bob 5 times. Glide on front at least 2 body lengths. Float on back for 5 seconds. Working towards swimming by self.
Level 3	Be able to float or tread for 15 seconds. Swim on front and back for 5 body lengths. Float on back for 15 seconds. Swim 5 body lengths using combined arm and leg actions.
Level 4	Jump into deep water. Tread or float for 1 minute. Swim 25 yards of front crawl and/or elementary backstroke. Front glide into front crawl for 15 yards, change direction, elementary backstroke for 15 yards.
Level 5	Jump into deep water. Swim front crawl for 25 yards. Swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards. Swim back crawl for 15 yards. Swim 3-5 body lengths underwater.



Download the free American Red Cross Swim App!



- Track progress and earn badges
- Learn more about water safety

To register for lessons...

- Visit the South Jordan Fitness & Aquatic Center
- Call 801-253-5236 after 8am
- Visit www.activityreg.com

A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success.

Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed.

Correct level placement is in the best interest of individual students and our classes as a whole.

We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available. Times and dates are subject to change without notice. In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.